

Army Postal Service: Don't Push the Envelope

By Pfc. Al Barrus

122nd MPAD

Free mail.

Army Post Offices are easily one of the most important facilities when it comes to morale in a combat zone. Nothing can top a care-package from home.

Another part of enjoyment brought by APOs is sending cool stuff back to your friends and family in the States.

Many Soldiers living at Camp Victory North may be going to other camps for postal services, not knowing about the APO across the road from Area II.

The office, occupied by the 729th Postal Company, is only sending out about a quarter of what the unit expects to handle at normal speed, according to Sgt. John Mitchell, custodian of postal effects for the 729th.

The post office supports all units based in Camp Victory North. The outgoing mail at



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Postal clerks of the 151st Postal Company at the Victory North Army Post Office separate a shipment of incoming mail. The office receives around 20,000 pounds of incoming mail each day.

the office remains considerably lower because not many of the troops are aware of their presence in the area, according to Mitchell.

The answer to this deficit of outgoing business is for North Victory Soldiers to get over there and start mailing packages where the lines are

shorter. However, there is much to know before packing a parcel.

The most basic type of
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1CD Detention Facilities Adhere to Geneva Conventions

By Master Sgt. Dave Larsen
1st Cavalry Division PAO

Like any other major metropolitan area Baghdad has some people with criminal intentions. When they are caught, detention facilities are used by Task Force Baghdad.

"At our detention facilities, we treat detainees with dignity and respect," said Col. Keith Walker, the 1st Cavalry Division's Chief of Staff. "Detentions are reviewed by a Judge Advocate General within 72 hours, giving built-in pro-

tection to detainees."

There are two levels of detention facilities within the division. The first stop for most detainees is a brigade-level facility. Brigades will not normally hold them more than three days. In fact, it's the exception to the rule when it happens.

"After three days, the brigades determine whether to release [a detainee] or move [them] to the division collection facility or a coalition detention facility," said Lt. Col.

James Agar, the division's deputy staff judge advocate officer. "It takes a written, one-time extension request approved by the division commander to keep a detainee longer in a brigade facility."

The division-level facility can hold a detainee no longer than 14 days, unless the commanding general approves an extension. Agar said a board reviews the cases at the two-week mark, determining whether to release detainees or move them to a coalition-level

facility.

Agar said the conditions at the brigade and division-level detention facilities are good. Improvements have been made to the facilities in recent months, such as adding air conditioning and building new showers.

"Detainees are afforded sanitary latrines, sleeping areas with cots, sleeping mats and blankets," Agar said. "Our facility guards act to protect detainees — from other

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Despite the Category, Detainees Treated the Same

Continued from Page 1 detainees or external forces.”

Agar said the provisions of the Geneva Conventions apply to the handling of persons under the detention facilities’ control.

“Staff members of the

detention facilities all receive a 40-hour block of instruction,” Agar said. “This training covers various aspects of operating a detention facility and handling prisoners.”

“In order to ensure that our detention facilities meet the requirements of our Standard

Operating Procedures, the Inspector General’s office conducts frequent, rigorous unannounced inspections,” Walker said.

“Upon admission to a facility, detainees receive a medical screening examination,” Walker said. “The unit will evacuate detainees in need of urgent medical attention to the appropriate facility. Facility commanders provide a daily ‘sick call’ for detainees, should they become ill while in the facility.”

Each detainee receives three meals a day. In addition, a prayer mat and a copy of the Koran for Muslims are available.

Walker said that detainees basically fall into four categories — criminal detention, security detention, intelligence and “high value.”

“Those detained as criminals are persons reasonably suspected of having committed crimes against Iraqi nationals or property,” Walker said. These individuals are routinely transferred to the Iraqi Police.

Security detainees pose a threat to Coalition Forces. For example, if an Iraqi is captured

after participating in hostile actions against Coalition Forces, detention follows.

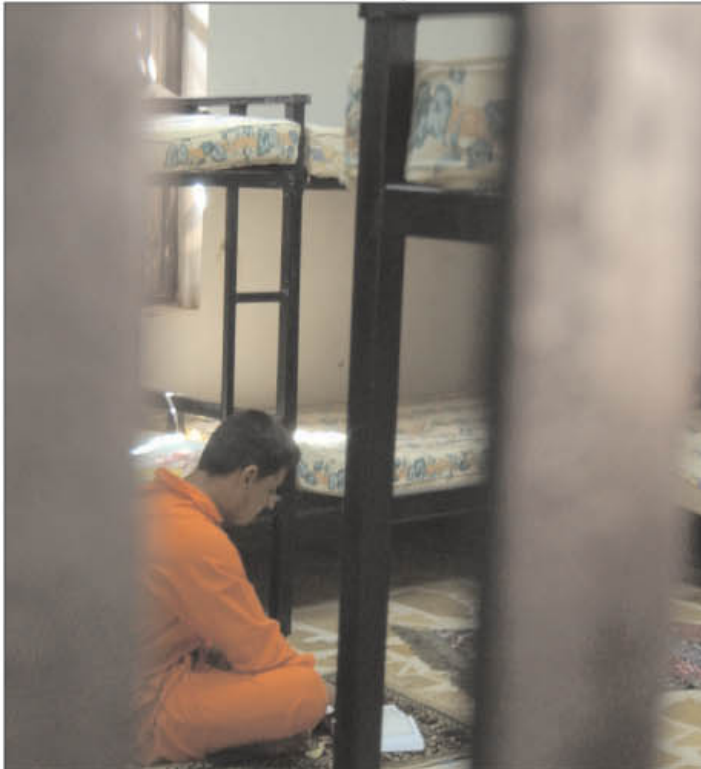
Those people detained for intelligence purposes are held because they may have intelligence information of value. These types of detainees are sometimes removed from the criminal process and may remain in detention facilities until it is determined that they have no more valuable information.

The final category of detainee is considered a “high value” suspect. Walker said you might even call them “high profile” types.

“They may have outstanding warrants or indictments,” Walker said. “Or they may be suspected of a violation of the Law of War, or be a known member of a terrorist organization.”

Regardless of their category, Agar said all detainees are treated alike.

“I asked some detainees, personally, how they were treated,” Agar said. “Three of them were randomly selected. To a man, they all said they were treated fairly and equally.”



By Staff Sgt. Ricky Bloom, 56th Signal Co.

Every detainee gets his own bed and mattress and three meals a day. Prayer mats and a copy of the Koran are available to Muslims.

Host Nation Info

Words of the Day

Please ra-ja-an
Thank you shuk-ran

Thursday

High: 94
Low: 70



Friday

High: 98
Low: 74



Saturday

High: 95
Low: 70



Weather information provided by 1CD Staff Weather Office

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39th Brigade Combat Team Keeps in Touch with Home Front by Cell Phone

► From *Arkansas Democrat-Gazette*

LITTLE ROCK, Ark.-BAGHDAD CALLING: The days of loved ones back home wistfully watching for the postman and waiting to hear from soldiers stationed overseas are pretty much a thing of the past. And it might not be too long before those slow-moving lines

of military folks waiting to use the one available phone on base are history, too.

Soldiers in Iraq have begun buying cell phones for which additional minutes can be purchased. Rick Musticchi of Little Rock, a staff sergeant stationed with the 39th Infantry Brigade at Camp

Cooke, a base just north of Baghdad, calls his wife, Patricia, in Little Rock almost daily.

Recently, he gave her a buzz as he was rumbling through central Baghdad in a humvee. During the conversation, he even handed the phone over to the Iraqi-born translator

traveling with him so Patricia could say hello.

Back home in Little Rock, the soldier, a member of the Army National Guard, is a patrolman with the Little Rock Police Department. He's scheduled to return home next April or May. Note to Rick and every other Arkansan in Iraq: Stay safe and keep dialing.

Strict Packaging Requirements Enforced by Victory North Postal Unit

Continued from Page 1
mail sent home is called free-mail, according to Mitchell. Most Soldiers know that free-mail is free, but what many don't know is they can send more than just the basic letter and maybe a photo.

"Free-mail can be sent in any size of envelope as long as the total weight doesn't exceed 13 ounces," Mitchell said.

But there are limitations on what Soldiers can send. Free mail is mainly for letters, pictures and newspapers. But Soldiers can mail compact

discs and digital video discs. Audio and videotapes also fly free, according to Mitchell.

Believe it or not, most Soldiers want to send more kinds of stuff home than paper and CD's, but it can cost. The two most common ways of sending packages are through priority mail, and space available mail (SAM), Mitchell said.

"The difference is the priority mail always has priority in space," he explained. "It gets aboard the plane first, and if there's any room left, the

SAM parcels can go on," Mitchell explained. If there's no room for SAM, it either waits a while for another flight or takes a cross-country road trip in a truck.

For Soldiers sending mail to New York, their packages may arrive sooner than any other mail, Mitchell said. John F. Kennedy International Airport is the first stop for the mail in the States after leaving Frankfurt, Germany. The closer to the Big Apple, the cheaper priority mail will cost.

"The price difference between Priority and SAM may only be about 50 cents or a dollar [depending on weight] if it's going to New York," Mitchell said. "And it may get there twice as fast in some cases. The further inland it goes, the more you get into the huge-dollar differences."

A max-weight parcel, tipping the scale at 70 pounds, going to Seattle, will cost \$122.30 to send it priority with no insurance, Mitchell said. That same box, with New York post-mark, flies for \$38.45. Sending it to Seattle as SAM costs \$40.66, whereas sending it to New York as SAM charges \$13.61.

Prior to bringing a parcel to the APO, postal clerks have to check the contents for contraband in anything larger than

a small envelope, Mitchell said. They will explain what items aren't allowed.

As common sense as some of the contraband items seem, the APO has a very specific laundry list of objects that cannot be sent home, Mitchell said. Stinky laundry is one of them, actually.

Hazardous-material is the largest category of contraband: nothing radioactive, toxic or combustible. Don't send gasoline, acids, fireworks, alcohol or lighters. A Zippo lighter can be sent as long as it's dry and has no flint. But most important of all, firearms are illegal to send, Mitchell said.

"Some people try and put pistols and brass in the back of speakers, and they all get caught in Frankfurt when they X-Ray [the mail]," Mitchell said. "They might get it past us, but they will get caught, and when they do, it's an automatic Article 15." Disassembling a gun and sending it home in pieces is not okay either.

Some stricter rules fall under tobacco and drug paraphernalia. Items such as pipes, bongos, or hookahs are illegal to send. No candy cigarettes either.

But mailing legal items home is a terrific way to send greetings from Iraq. Free.



By Pfc. Al Barrus, 122nd MPAD
Sgt. First Class Michael Shea, an Iowa Reservist in the 389th Engineer Battalion, packs up some personal effects he'll meet up with when he gets home. SPC. Dionn Overton of 151st Postal Co. inspects the contents for contraband.

Today in History

May 13

► From infoplease.com

1568 Mary Queen of Scots was defeated at the Battle of Langside and immediately fled to North England
1607 Jamestown founded
1846 The United States formally declared war on Mexico after several days of fighting
1914 American boxer Joe Louis born
1938 Louis Armstrong and his orchestra recorded the New Orleans' jazz classic, *When the Saints Go Marching In*, on Decca Records
1981 Pope John Paul II shot and wounded as he drove through a crowd in St. Peter's Square
1993 Popular prime-time soap *Knots Landing* ended

Baghdad Celebrates Soccer Victory

► From *Associated Press*

AMMAN, Jordan - Iraq's soccer team qualified for the Athens Olympics on Wednesday, less than three months after the country was reinstated by the International Olympic Committee.

Iraq beat Saudi Arabia 3-1, and then clinched the third and final Asian qualifying spot when Kuwait held Oman to a scoreless draw.

Celebratory gunfire was heard in central Baghdad after the match, and tracers zoomed across the sky.

"It's a crazy joy for us," Iraq defender Ahmed Alwan said. "Despite all of the difficulties we faced, we still managed to qualify for Athens and I believe that we deserve our place in the Olympics."

Both Iraq and Oman finished Group C play with nine points, but Iraq won based on goal difference.

Only one team qualifies from the group.



AP

Defender Ahmed Alwan of the Iraqi Olympic soccer team beats a Saudi Arabian player to the ball during the Asian Olympic soccer qualifying tournament Wednesday. Iraq outscored Saudi Arabia by a score of 3-1 to qualify for the third and final Asian qualifying spot and the chance to participate in the 2004 Summer Olympic games in Athens.

SAFETY TIP
Sports

Prior to running or engaging in any sport, make sure you:

- Warm up and stretch
- Recon running route and playing field (mark obstacles)
- Watch for holes, dropoffs, and uneven terrain

**COMMON SENSE RULES
DO NOT CHANGE
BECAUSE YOU ARE IN A
COMBAT ZONE**

Scores
MLB
AMERICAN LEAGUE

Kansas City 4
Toronto 3

Cleveland 6
Boston 4

Oakland 2
Detroit 1

Anaheim 11
New York 2

Texas 9
Tampa Bay 8

Minnesota 4
Seattle 3

Baltimore @ Chicago -
Postponed due to rain

NATIONAL LEAGUE

St. Louis 5
Atlanta 2

Milwaukee 4
Montreal 3

Florida 5
Houston 2

Pittsburgh @ Colorado -
Postponed due to rain



NBA

CONFERENCE SEMIFINALS
(Best of 7 series)
Eastern Conference

Miami 100
Indiana 88
(Series tied 2-2)

TV GUIDE

	AFN ATLANTIC	AFN PACIFIC	AFN Sports	AFN Spectrum
18:00	Yu-Gi-Oh/ Jackie Chan Adventures	Tonight Show with Jay Leno/ The Late Show with David Letterman	NBA Fastbreak/ Totally NASCAR	Masterpiece Theater 17:00
19:00	Jeopardy/ Headline News	Access Hollywood 19:30	SportsCenter	The Wild Thornberrys/ Spongebob Squarepants
20:00	ESPNNews/ Headline News	The Late Shift	NBA Fastbreak/ ESPNNews	The Simpsons/ The Cosby Show
21:00	Everybody Loves Raymond/ Scrubs 21:25/ Reel Time 21:50	He Said, She Said 21:45	MLB - Anaheim Angels @ New York Yankees	American Idol
22:00	The Bachelor			The West Wing